BUS BUNCHING

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Ottawa metro

Your essential daily news | TUESDAY, MAY 9, 2017 | High 9°C/Low 1°C Mostly cloudy

BREAK-UP BOOTCAMP

A safe haven for the recently brokenhearted

metroLIFE

It's time to pull together

Volunteers load a boat with sandbags in a flooded area of Gatineau, Que., on Monday. ADRIAN WYLD/THE CANADIAN PRESS

City, province — and neighbours — start recovery effort

Haley Ritchie
Metro | Ottawa

While the flood waters have finally peaked in the capital, all three levels of government are warning residents that the work has only just started.

Mayor Jim Watson opened his press conference Monday morning by thanking first responders and volunteers, who worked tirelessly over the weekend to help residents affected by the flood, which he said is the worst since the 1920s.

"You're not alone; the city and your neighbours are here to help," said Watson.

The Ottawa River Regulation Planning Board released a statement at 2 p.m. saying the high waters have stabilized and are expected to slowly recede over the coming days.

"We know from the experiences of other municipalities that the immediate issues for people will be concern for health and safety, drinking water, air quality and debris," said city manager Steve Kanellakos.

The city is hosting four information sessions that will help connect affected residents to both local and provincial aid, including details on the Disaster Recovery Assistance for Ontarians program. The city doesn't anticipate any extra funding assistance from the province but has received sandbags and formally applied for the recovery program.

Premier Kathleen Wynne, who toured the flood zones on Monday, couldn't confirm which cottage properties will be eligible for the province's disaster recovery program. "Everybody needs to get information from the ministry and then make their individual applications," she said.

WITH FILES FROM ALEX ABDELWAHAB/METRO

TOWN HALLS

Tuesday:

- **1–2 p.m.** Nepean Sportsplex, Hall C and D, 1701 Woodroffe Ave.
- **3:30–4:30 p.m.** R.J. Kennedy Arena, Main Hall, 1115 Dunning Road, Cumberland
- **6:30–7:30 p.m.** Fitzroy Harbour Community Association Community Centre, 100 Clifford Campbell St.

+ • How to help • Residents on both sides of river asked to stay put • The cold reality of flood insurance metro NEWS

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metro NEWS

Your essential daily news

Banksy shows the world his take on Brexit. **World**

Federal buildings closed for second straight day

OTTAWA RIVER

Residents asked not to cross bridges to aid flood response

Alex Abdelwahab
Metro | Ottawa

For the second day in a row, federal buildings in Gatineau will be closed on Tuesday, and the Treasury Board is advising all federal public servants to stay home if they normally travel to their offices via the interprovincial bridges.

In fact, governments on both sides of the river are asking residents to stay off the bridges to maintain access for emergency vehicles. As of Monday afternoon, 805 people and 459 homes had been evacuated in Gatineau. Meanwhile in Ottawa, 310 homes have been impacted by the flooding and 75 families have been displaced.

Dozens of roads will stay closed on Tuesday on both sides of the river. In Gatineau, the STO is free until further notice to encourage residents to take public transit and not drive on the roads. Some municipal buildings, including all branches of the public library, will also remain closed until further notice.

A dozen schools in the Western Quebec School Board (WQSB) also remain closed in Aylmer, Hull, Gatineau, and Chelsea. Schools in Onslow have re-opened.

In Gatineau, 70 military units are in place. The City of Ottawa has said there are no plans to call in the military in Ontario, as the province has not declared a state of emergency.

Steve Tousignant watches the Ottawa River from the deck of his home in the neighbourhood of Constance Bay in Ottawa on Monday. THE CANADIAN PRESS

BY THE NUMBERS COMMUNITY IMPACTS

310	75	70
As of Monday, 310 homes in Ottawa have been impacted by flooding.	A total of 75 families are displaced.	Gatineau has called in 70 military units to help handle flood response.

VOLUNTEER EFFORTS

Here's how you can help out

Since flooding began in the region nearly a week ago, thousands of residents have stepped up to volunteer for the emergency efforts.

In Gatineau, more than 1,200 people volunteered to fill sandbags on Monday at the Campeau arena, at 165 Rue des Sables.

The City of Gatineau is asking anyone over the age of 12 who wishes to volunteer to fill sandbags to go to the Campeau arena with a shovel and gloves.

Since May 4, thousands of volunteers have prepared more than 52,000 sandbags, according to Gatineau officials.

In Ottawa, the city has said volunteers will be needed for the next three weeks for both flooding prevention and recovery work. Residents who wish to help out can register online on in person at one of three Incident Command Centres. City staff will co-ordinate the efforts.

Mayor Jim Watson said it may take the city a little bit of time to get back to everyone.

"We're a little overwhelmed. There have been over 400 that applied in the first hour or so, which is a great problem to have," he said.

However, the Constance Bay Community Centre at 262 Len Purcell Drive is in particular need of support and residents can go directly to the centre if they want to help, as there is "always work to be done there," according to Watson.

ALEX ABDELWAHAB/METRO

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FLOOD PROTECTION

Federal response defended

Public Safety Minister Ralph Goodale is defending the federal response to flood relief efforts in Ontario and Quebec, saying the Liberals sent help immediately after hearing pleas for help.

Goodale said the federal government agreed to send military personnel to Quebec "within 30 seconds" of that province asking for help Friday, and is now moving 250,000 sandbags into flooded communities around Ottawa after complaints about running out arose on Sunday night.

He added the federal government couldn't send in help on its own — local and provincial officials had to ask first.

That process of response will go under review when Goodale meets his provincial and territorial counterparts at the end of the month. Goodale said one jurisdiction or government alone cannot be responsible for responding to a natural disaster.

"These kinds of disasters cannot be pigeon-holed," he said. "It takes a collaborative, all-in kind of approach. That's the best way to protect lives and livelihoods."

Some 1,650 members of the military are in or on their way to flood-ravaged zones of Quebec as part of federal efforts to help.

The minister said the government is reaching out to private sector suppliers to find up to four million sandbags, if required, to help protect homes and critical infrastructure from flood waters.

The federal government annually sets aside money in its budget to help pay for natural disasters.

This year, government spending documents show the Liberals have budgeted $679.3 million, a drop from the $848 million budgeted last year.

Goodale said the government plans to assist with cleanup efforts in affected communities. THE CANADIAN PRESS

Most Canadian homeowners have no flood insurance, say experts, and could face huge bills. THE CANADIAN PRESS

Most homeowners left without a paddle

FLOOD INSURANCE

Majority of Canadians unprotected by flood insurance

The majority of Canadian homeowners aren't insured for flooding and could be left footing at least part of the bill after heavy rains in several areas across the country, experts say.

Craig Stewart, vice-president of federal affairs for the Insurance Bureau of Canada, estimates only 10 to 15 per cent of Canadians have so-called overland flood insurance, offered as an add-on to insurance policies.

Stewart says that's because it's a fairly new product that wasn't available prior to 2013, when severe flooding hit Toronto and Alberta.

"That was primarily because we did not have flood risk maps developed for the whole country," Stewart says.

"The insurance industry needs to be able to quantify risks so they can assess which premiums to charge which people. Up until then there was simply no risk mapping done to ... support such policies."

> **Most people are not aware overland flood insurance is available**
> Craig Stewart

Heavy rains left several communities in Quebec and Ontario struggling with rising floodwaters over the weekend, while parts of New Brunswick and British Columbia also faced flooding.

Insurers started working on the overland flood insurance add-on after the 2013 incidents, and Stewart says the product has been available since 2015.

The low uptake is likely due to the fact most Canadians only interact with their broker upon renewal, Stewart says.

"Therefore, unless they have been directly in a conversation with their broker or their agent at the time of renewal over the past year, they likely won't have it," he explained.

Stewart says most homeowners grappling with flood damage have to rely on government assistance, which typically covers less than insurance.

"Insurance is meant to make you whole." THE CANADIAN PRESS

Ottawa DIGEST

HOSPITAL BOMB THREAT

OPP confirm bomb threat at Carleton Place hospital

OPP have confirmed the suspicious incident that closed down Carleton Place & District Memorial Hospital (CPDMH) Monday morning was a bomb threat.

Officers from the Lanark County OPP detachment and the emergency response team responded to the call, blocking all exits to the hospital with patrol cars.

The hospital, located at 211 Lake Ave. E., confirmed that regular services had resumed just after noon.

While staff were moved to the nearby Carleton Place arena while police investigated, patients were not evacuated.

OPP continue to investigate, and anyone with information is asked to call the Lanark County detachment at 1-800-310-1122 or the Lanark County Crime Stoppers confidential TIPS line at 1-800-222-8477. METROLAND MEDIA

PARKS AND REC

Reid Park to get overhaul

Reid Park is getting an overhaul, scheduled to get underway this month.

The park, originally an 1830s farm, runs along the south side of Highway 417 between Reid and MacFarlane avenues.

The plan includes new play equipment, shade shelter, fitness stations, pathways, park furniture, trees, relocation of the basketball court, and partial demolition of the former Reid farmhouse.

Construction will continue through December with finishing touches likely in spring 2018. METROLAND MEDIA

FLOODING

Flooded Ottawa man has no complaints, invites Wynne for beer

Michel Bourbonnais and his wife, Maggie, have enjoyed four years of retirement bliss on a piece of prime riverfront property on the Ottawa River.

Their home is now one with the river, covered with floodwater on three sides.

Life is going on for them on their own mini-peninsula of sorts. They have no electricity but are keeping the house a toasty 26 degrees with a fireplace, and are powering televisions, the Internet, and a fridge with generators.

"I'm not complaining. We chose to live here," he said, seated on the all-terrain vehicle he now needs to reach the end of his street — and his house.

The Bourbonnais had a couple of high-profile visitors to their neighbourhood on Monday: Ottawa Mayor Jim Watson and Ontario Premier Kathleen Wynne, who visited their street on the second of two stops on her Monday tour of flood-affected areas in Eastern Ontario.

Michel invited Wynne and other onlookers to come back in a month, to see what waterfront living is really all about. He said he'd have "a special case of beer and we're going to sit on the porch" — and then people would understand why he and wife chose to live on the water.

He said that image keeps him going when gets down.

"We are going to ride this out. Things are going to be OK," said Bourbonnais, before he and his wife drove off through the water in their all-terrain vehicle.

Impressed by how people have pulled together and maintained their sense of optimism, Wynne told Bourbonnais and others to hang on to their receipts.

"I'm here because I want to make sure people know that I'm going to continue to work with the mayors... (and) the municipalities and make sure that everybody has the information they need," she said.

Provincial assessment teams are in the communities, said Municipal Affairs Minister Bill Mauro, and they will make recommendations. The Ontario Disaster Relief Assistance Program can reimburse both homeowners and municipalities for associated costs. THE CANADIAN PRESS

Ontario Premier Kathleen Wynne visits the flooded home of Michel (centre) and Maggie (right) Bourbonnais. THE CANADIAN PRESS

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NATIONAL DIGEST

Criminal 'kosher' cheese charges a first

For the first time in Canada, the country's food inspection agency has laid criminal charges against a businessman and his company for allegedly trying to pass off run-of-the-mill food as kosher.

The Canadian Food Inspection Agency has charged Creation Foods and its vice-president, Kefir Sadiklar, with sending cheese falsely described as "kosher" to Jewish summer camps in June 2015. The agency alleges forged documents were created to make it seem like the cheese adhered to Jewish dietary laws. The federal food inspection agency said this is the first case it "has brought before a provincial court related to the misrepresentation of a kosher food product."

TORSTAR NEWS SERVICE

Sajjan still in hot seat

The Senate defence committee released a report Monday blasting the Trudeau government's "political decision" to purchase Super Hornet fighter jets, while all but endorsing the F-35 stealth fighter.

The report came as the Conservatives used one of their opposition days in the House of Commons to focus speeches on Defence Minister Harjit Sajjan's credibility, a debate which will culminate in a largely symbolic vote on Tuesday. Sajjan, a former reserve soldier and Afghan war veteran, has faced days of verbal fire for exaggerating his role in Operation Medusa, a key battle involving the Canadian Forces. The minister apologized, but the Tories say he also misled Canadians on other issues, such as the urgent need for Super Hornets and cuts to tax benefits for soldiers deployed to Kuwait. THE CANADIAN PRESS

'Unprecedented order' sees another day in court

APPEALS COURT

Judges debate Trump's comments and the travel ban

A challenge to President Donald Trump's revised travel ban appears to hinge on whether a U.S. federal appeals court agrees that the Republican's past anti-Muslim statements can be used against him.

The 4th U.S. Circuit Court of Appeals wrestled Monday with whether the court should look beyond the text of the executive order to comments made by Trump and his aides on the campaign trail and after his election in order to determine whether the policy illegally targets Muslims.

The panel of 13 judges peppered both sides with tough questions but gave few clues as to how they might rule. The judges did not immediately issue a decision on Monday.

A federal judge in Maryland who blocked the travel ban in March cited Trump's comments as evidence that the executive order is a realization of Trump's repeated promise to bar Muslims from entering the country.

The administration argues that the court shouldn't question the president's national security decisions based on campaign promises.

"This is not a Muslim ban. Its text doesn't have to anything to do with religion," Acting Solicitor General Jeffrey B. Wall told the appeals court.

The countries were chosen because they present terrorism risks and the ban applies to everyone in those countries regardless of religion, Wall said. Further, the banned countries represent a small fraction of the world's Muslim-majority nations, lawyers for the administration say in court documents.

Omar Jadwat, an attorney for the American Civil Liberties Union, noted that Trump's call for a "total and complete shutdown" of Muslims entering the U.S. remained on his campaign website even after he took office. That call, which was still online earlier Monday, appeared to have been taken down by the afternoon hearing.

"The order is completely unprecedented in our nation's history," Jadwat said.

Several judges expressed skepticism about the idea that the court would blind itself to Trump's comments about Muslims.

"Don't we get to consider what was actually said here and said very explicitly?" asked Judge James A. Wynn Jr., who was appointed by President Barack Obama.

Another judge said he was worried about the idea of court opening the door to using a president's past to evaluate the constitutionality of a policy.

TORSTAR NEWS SERVICE

BRITAIN

CHIPPING AWAY AT EU: BANKSY ON BREXIT

The street artist Banksy has come up with a visual commentary on Britain's decision to leave the European Union.

Banksy has created a large mural in the British port of Dover showing a workman chipping away one of the 12 stars on the EU flag. His representatives Monday confirmed the work is genuine.

British voters decided last year to leave the 28-nation EU. The new mural is in the city that's the main British gateway for traffic to continental Europe. It also appeared as the U.K. is holding an early election.

THE ASSOCIATED PRESS

SOUTH SUDAN

'Future of a generation' at stake: UNICEF

More than one million children have fled South Sudan's civil war, two United Nations agencies said Monday, part of the world's fastest growing refugee crisis.

Another one million South Sudanese children are displaced within the country, having fled their homes due to the civil war, said the UN's child and refugee agencies in a statement Monday.

"The future of a generation is truly on the brink," said Leila Pakkala, UNICEF's Regional Director for Eastern and Southern Africa. The civil war has worsened South Sudan's ethnic divisions and UN officials have said parts of the country is experiencing ethnic cleansing and is at risk of genocide.

Roughly 62 per cent of refugees from South Sudan are children, according to the UN statement, and more than 75,000 children are alone or without their families. Roughly 1.8 million people have fled South Sudan in total.

THE ASSOCIATED PRESS

EUROPE

France's new head of state aims to become presidential

Incoming French President Emmanuel Macron and his wife Brigitte sing the national anthem at the Louvre in Paris, Sunday. THE ASSOCIATED PRESS

France's newly elected president has started taking on his new role, working on the attitude expected of a statesman — a new world for a man with little political experience.

Moments after his victory on Sunday, Emmanuel Macron, 39, slowly walked to the stage in the courtyard of the Louvre Museum in Paris, progressively appearing in the light to the sound of the European anthem Ode to Joy – a very symbolic moment before the crowd of supporters roared.

On Monday morning he appeared side-by-side with outgoing president Francois Hollande at a commemoration of the end of World War II.

He campaigned on pro-business and pro-European policies, a risky move when a populist wave recently swept Donald Trump into the White House and led Britain to vote to leave the EU.

In his victory speech, Macron vowed to "rebuild the relationship between Europe and the peoples that make it." He pledged to open a new page for France based on hope. In his political rallies, he encouraged supporters to wave both the French tricolour and the European Union flags, and asked them not to boo his rivals, rather fight their ideas.

Macron did not campaign alone: His wife was never far away. Brigitte Macron, 24 years his senior, is his closest adviser.

Macron and his wife have publicly described how their unusual romance started — when he was a student at the high school where she was teaching in Amiens. A married mother of three at the time, she was supervising the drama club. Macron, a literature lover, was a member.

Macron moved to Paris for his last year of high school. She eventually moved to the French capital to join him. They married in 2007.

THE ASSOCIATED PRESS

metro CITIES
Your essential urban intelligence

PHILOSOPHER CAT by Jason Logan

BLUEPRINT by Sarah-Joyce Battersby and David Hains/Metro

A 'bunch' of solutions

We've all been there. The bus is late and then three come all bunched together. Internally, we scream: "Why can't they just keep to the schedule?" As it turns out, bus bunching is an incredibly complicated problem that transit agencies around the world spend millions to solve.

There are no easy answers, but here are some promising projects:

STRAIGHT TALK

Chicago spent $9 million to upgrade the technology linking drivers to the transit control centre. The city's 1,800 buses were already equipped with GPS to track location and progress, but now the drivers could speak directly to the command centre if they spotted any issues that would throw a wrench in service.

Outcome: In the first three months of the trial, there was a 40 per cent reduction in big gaps.

ANALYZE THAT

Miami teamed up with IBM to crunch real-time data in the hopes of spotting bottlenecks and other issues. The system tackled nearly 20,000 bus runs on four major routes, looking at bus paths, speed and stops to assess the accuracy of schedules and bunching alerts.

Outcome: The system predicted bunches up to 60 minutes ahead of the problem, so buses could be redirected accordingly.

OLD PROS

Toronto's transit agency deployed some of its spare fleet to relieve pressure on two of its busiest routes, the 29 Dufferin and 512 St. Clair. In addition, the schedule was tweaked to reflect the true time of the cross-town trips, and it hired supervisors to expedite departures from the terminal.

Outcome: Short-turns on the Dufferin bus went from 300 per week to 30 or 40. St. Clair went from about 450/week to fewer than 10.

TOSS THE TIMER

Researchers at Georgia Tech told bus drivers to abandon their schedules and just drive with the flow of traffic. In the experiment, buses got back on track by waiting at selected stops or "control points" based on calculations made once the bus arrived there.

Outcome: Gaps self-corrected and the schedule balanced without need for complex intervention. Drivers added it allowed them to focus on driving.

UNSERVICE

Some researchers have toyed with telling passengers they can't board, even when it's not full, in order to pull away from the stop quicker. Their research papers look like chalkboards in A Beautiful Mind. But try telling someone that they can't board a half-empty bus in -40 C because of math.

Outcome: Metro could not find a city that has widely implemented this policy. Instead, all-door boarding offers similar benefits.

WORD ON THE STREET by Danielle Paradis for Metro

Cities have crucial role to play in truth and reconciliation

More than half of the country's Indigenous population now lives in cities, according to the 2006 census, and the numbers are rising.

As Indigenous people move, their stories must move with them, including the dark ones.

The Truth and Reconciliation Commission uncovered stories of residential school abuses and 6,000 deaths — a history previously unknown to many Canadians.

The TRC made almost 100 calls to action, largely focused on the federal government. But cities can join the effort.

Edmonton Mayor Don Iveson said the "gut-wrenching stories of survivors" he heard at the TRC inspired him to act.

"I knew everything in me had changed, and that our city had to change too," he wrote for the Edmonton City as Museum Project.

As a result, Edmonton has introduced an aboriginal youth leadership initiative and committed to training city staff about residential schools and keeping reconciliation top of mind in their "work as city builders."

More concretely, the TRC called for monuments to be erected in Ottawa and every provincial and territorial capital city.

It's one of the easiest aspects of reconciliation, and it should happen everywhere. Winnipeg and Ottawa have unveiled their monuments. (At the same time Edmonton accidently removed community-made art about reconciliation.)

These don't have to be abstract statues with a dull plaque. In Berlin, Germany, an artist has installed Stolperstein, or stumbling blocks, which bear the names of Holocaust victims right in the streets of the city. In Toronto, programmers at the TIFF movie theatre begin each screening by thanking the Indigenous groups who have laid claim to the land where the theatre sits.

Monuments and gestures like this start to raise awareness of the schools and their multi-generational effect. There is still a lot of work to be done with reconciliation. But it starts with listening, and with sharing.

metro Your essential daily news
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PUBLIC WORKS
The week in urbanism

THE MOUTHS OF BABES
A Vancouver park has been renamed Slidey Slides Park after the city opened a naming competition to children. The kids visit the park daily from their daycare centre next door. The winning name beat out tough competition, like Little More Donkeys and Running Star. All submissions were made during story time.

AIRBN-FEE
While some cities grapple with Airbnb, Chicago is harnessing its power. The city charges homeowners using the service a 4 per cent tax , and is putting $1 million raised in the process to help house 100 homeless families.

CITY CHAMP Metro's city builder of the week

Maayan Ziv is a Toronto-based photographer and the founder of the Access Now app, which crowd-sources accessible restaurants, hotels, shops and more in cities across the world.
@maayanziv

URBAN DICTIONARY

DEFINITION
Whether they're tall and skinny posts or short bulky ones, **bollards** block cars from entering areas meant for pedestrians and cyclists. Some are removable, and used for street festivals.

USE IT IN A SENTENCE
"**Bollards**!" exclaimed the British driver when she was blocked from driving through a pedestrian path.

metro LIFE

Your essential daily news

Netflix has renewed its controversial hit show 13 Reasons Why for a second season

‘Huge improvement’ on opioids

DRUG CRISIS

New guidelines aim to curb use as first-line treatment

Updated opioid-prescribing guidelines released Monday encourage doctors to avoid giving the powerful narcotics as a first-line treatment to patients with chronic, non-cancer pain and instead try other medications or non-pharmaceutical therapies to prevent a host of potential harms associated with the widely used drugs.

Those harms include physical dependence or addiction, as well as the increasingly common risk of fatal overdoses. An estimated 2,000 Canadians died of opioid overdoses in 2015 alone, and initial 2016 data still being tallied suggest the number of fatalities linked to the drugs — both prescription and illicit — could far exceed that figure.

“It really comes down to the paradox of trying to provide important relief for patients dealing with unrelenting chronic pain while at the same time balancing the risks associated with the medications,” said Dr. Jason Busse, a researcher at the National Pain Centre at McMaster University and lead author of the 10-recommendation document.

For patients whose chronic pain is not controlled with non-opioid therapy, the panel of experts that developed the guidelines says dosages of opioids like oxycodone, hydromorphone and the fentanyl patch should be restricted to less than the equivalent of 90 milligrams of morphine per day, and ideally to less than 50 mg.

Physicians treating patients already taking the equivalent of 90 mg of morphine or more should consider incrementally tapering their daily intake to the lowest effective dose, and even discontinuing the potent medications, the panel recommends.

“Estimates are somewhere between half a million and a million Canadian adults are currently on long-term opioid therapy for chronic pain, often at very high doses,” Busse said.

An estimated 2,000 Canadians died of opioid overdoses in 2015 alone. THE CANADIAN PRESS

“And when you go on long-term opioid therapy, you will inevitably develop physical dependence. And opioids also become less effective the longer that you take them,” leading many patients to seek higher doses to achieve relief, he said.

The new guideline document, published in the Canadian Medical Association Journal, provides much stronger and more detailed advice than a previous version released in 2010, which suggested doctors could use a “watchful dose” of the equivalent of 200 mg of morphine daily.

“After 2010, there was not the kind of impact on opioid prescribing that I think people were hoping for,” Busse said. “There was a little bit of a downtick, but maximum doses of opioid prescribing went up, admissions for hospital-related opioid toxicity went up, and death rates have continued to climb as well.”

Moreover, 40 per cent of recipients of long-acting opioids were receiving the equivalent of more than 200 mg of morphine daily, while 20 per cent were getting more than 400 mg.

Dr. Irfan Dhalla, vice-president of evidence development and standards for Health Quality Ontario, called the new guidelines a “huge improvement.” THE CANADIAN PRESS

ANALYSIS

Therapy length still an issue

Because they focus on chronic pain, these new guidelines cover dose amounts for opioids, but not the length of drug therapy. Emerging scientific evidence shows the number of days for which a person is initially prescribed painkillers for acute pain strongly influences whether they will develop an addiction.

According to the U.S. Centers for Disease Control, with a one-day opioid prescription, your chance of still being on painkillers one year later is six per cent. With a prescription of eight days or more, the odds jump to 13.5 per cent. At 31 days and up, it spikes to 29.9 per cent.

Studies also show that taking home pills post-surgery is a common way people get hooked. GENNA BUCK/METRO

RELATIONSHIPS

Workshops and getaways are helping the heartbroken

Megan Haynes
life@metronews.c

The heart is a lonely camper

When her two-year relationship abruptly ended a year ago, Leslie Taylor kept replaying the way things went down in her head. Despite having friends to chat with, she often felt no one understood her pain.

The California-based 33-year-old felt like she’d lost herself in the relationship, which made her feel even more alone.

Depressed and desperate, Taylor was willing to try anything. She hunted online for a getaway to help break the lonely cycle, but found nothing to help her heartbreak.

“I was surprised,” says Taylor, who asked her real name not be used out of privacy concerns. “People are breaking up every day — you’d think there’d be a giant market for breakup retreats.”

Then she came across Renew, a new two-day bootcamp in upstate New York dedicated to mending broken hearts. Founded by Vancouver native Amy Chan, Renew’s first retreat was planned for February 2017. Taylor packed her bags and booked her tickets.

“I was willing to try anything,” Taylor says. “The camp was really geared at self-reflection and healing. And it was nice to talk about (my breakup) with people focused on helping me.”

Chan conceived of Renew in late 2015 after a sudden breakup five years ago, which left her feeling lost, depressed and even suicidal at times. “I tried everything from psychics to therapy to yoga. I spent $2,000 on a yoga retreat in Mexico, but it still wasn’t enough,” she says. “You name it, I did it. But there was nothing dedicated to healing from a breakup.”

It took Chan two years and a move from Vancouver to New York City to recover from her failed relationship. Now based in N.Y.C., Chan, a marketing professional, saw an opportunity in this underserved niche and launched Renew as a side-business.

She plans to run retreats four times a year increasing the frequency as popularity grows.

Hosted at a luxury farm in upstate New York, the tech-free, $1,600 retreat includes nature hikes, meditation, yoga, gourmet meals and one-on-one therapy sessions with a trained psychologist. But the bigger draw might be the group sessions with trained therapists, where participants talk through their failed relationships, analyzing what went wrong, and how to avoid issues in the future.

Renew is now one of a handful of programs that focuses on healing after a split. Others include The Shortcut to Getting Over a Breakup, a four-day Toronto workshop that is spread over the course of a month and costs $200.

The group nature of these retreats is probably the most beneficial aspect of the healing process, says Susan Valentine, a Toronto-based psychotherapist who specializes in relationships.

But she cautions that group retreats, while a useful tool, can mask some underlying issues. First, of course, after the getaway there’s a new sense of isolation. Second, people can go into these experiences thinking they’ll be healed in two days, when in reality, there is no quick fix to recovering from a split.

“The most helpful thing — beyond getting away — was hearing other people’s stories,” says Taylor. “There was something about meeting a stranger who has dealt with (the same thing I had) that was incredibly comforting.” TORSTAR NEWS SERVICE

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WOMEN'S HEALTH

Reach your fitness goals by sticking to the basics

ISTOCK

Find an experienced and educated personal trainer, look into HIIT and count your macro and micro nutrients

With all the various approaches, options and opinions, starting a fitness journey can be overwhelming. But, says one personal trainer, sticking to the basics and investing in a fitness expert can help.

"Get a trainer who has experience and education, and was referred to you by someone who has had good results with them," says Megan Murtagh, co-owner of Bounce Personal Training Studio, which is designed around the idea that not everyone enjoys the big gym environment. "Interview the trainer to be sure you feel comfortable with their theories, and levels of education and experience."

In addition to a trainer, says Murtagh, it is essential not to get bogged down by the seemingly endless amount of fitness details. She recommends fitting a workout in where you can, at least twice a week to see gains in strength and flexibility, and combining strength training and cardio.

"Both cardio and strength training raise your metabolic rates, which is how many calories you burn at rest," says Murtagh. "Diet is imperative for weight loss, but cardio and weights will boost how much weight you lose and how fast."

While Murtagh says any form of cardio that raises your heart rate is beneficial, including swimming, running and jumping rope, the biggest bang for your buck comes from high intensity interval training (HIIT).

"HIIT means going all out and raising your heart rate to its max, bringing it back down and then repeating that," Murtagh says. "It raises your metabolism more than doing steady cardio. It can also be effective during a shorter period — a minimum of 20 minutes — which is more efficient."

DIET IS IMPERATIVE FOR WEIGHT LOSS, BUT CARDIO AND WEIGHTS WILL BOOST HOW MUCH WEIGHT YOU LOSE AND HOW FAST.

– Megan Murtagh

Having a personal trainer design a customized program that hits all parts of the body at some point during a workout and is divided into movement patterns that work muscle chains using functional movements is one part of the equation, says Murtagh. The other, of course, is diet. But forget calorie counting.

"Calorie counting is tedious and in many ways unnecessary," she says. "It's more important to not eat too many calories in one sitting because our bodies only use a certain amount and the rest is stored as fat, and to get the macro and micro nutrients needed for all body functions to work properly and have just enough to support the calorie expenditure."

Murtagh recommends small meals throughout the day that all contain fruits, vegetables, protein and natural fats such as those in nuts, fish and avocados.

-IZABELA SZYDLO

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MAKING SENSE OF FOOD SENSITIVITIES

Do you suffer from chronic digestive issues, skin rashes, acne, migraines, chronic phlegm, excess weight, or mood swings? You may have answered 'yes' to a few of these symptoms and they can all be signs of food sensitivities. Often times, these conditions are chronic because they are being aggravated by something you are eating regularly.

"The good news is that most of the time, a few simple dietary changes may be all you need to feel a whole lot better," says Lauren Duffell, holistic nutritionist and NutriChem health counselor.

When asked how a person can discover what foods are affecting their health, Duffell says there are many options.

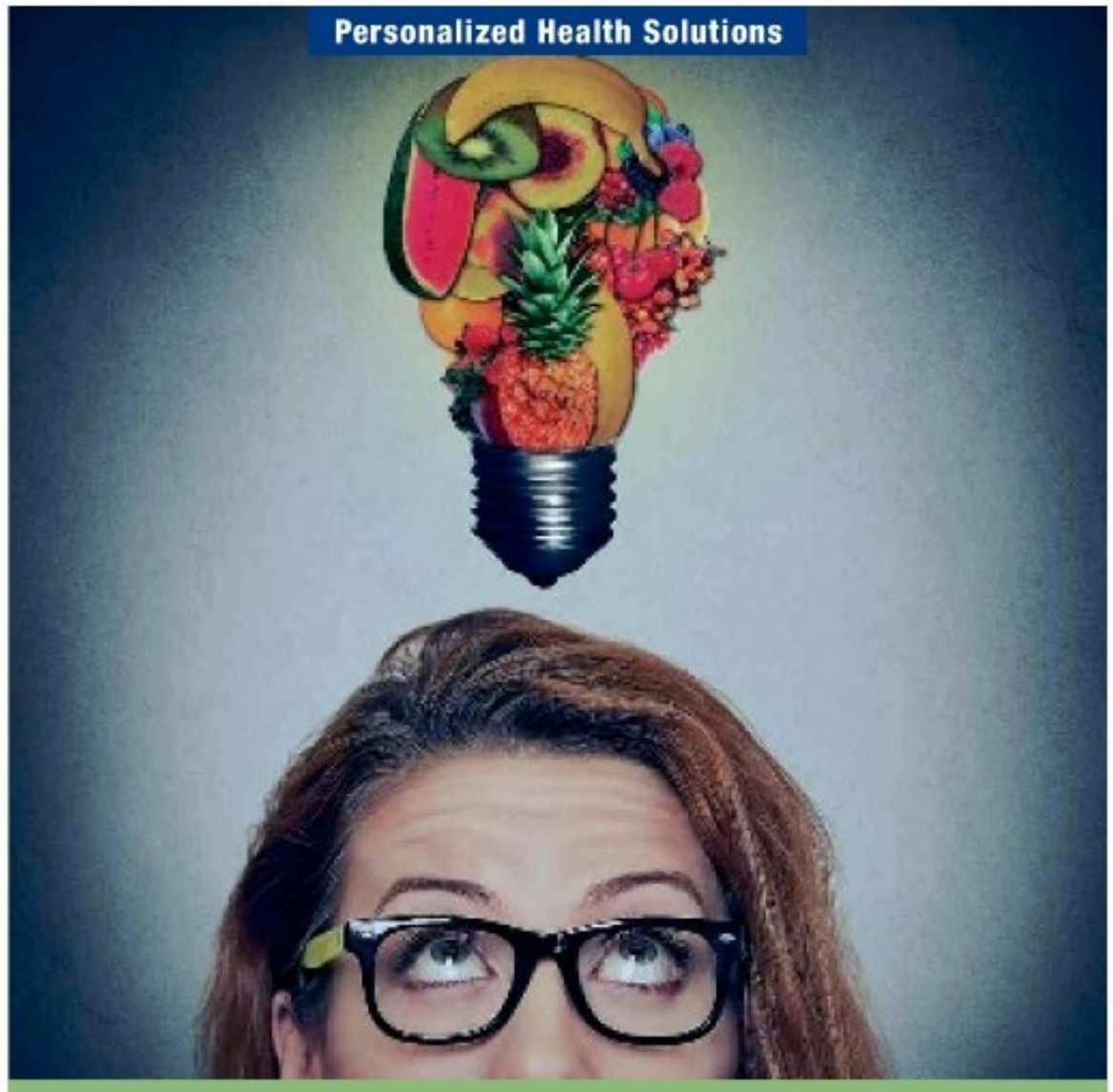
"One option is to try an elimination diet. This diet is a type of experiment where for a period of time you eliminate all the foods that are most likely to cause sensitivities. When re-introducing, you try each food one at a time every few days while keeping track of any symptoms. If any reactions do occur then you know that food is a contributor to your health issues and you can avoid that food from then on". The symptoms can be changes in mood, skin, bowel movements, mucus, gas, headaches, etc.

What about testing? There are many ways to test for food intolerances but they can be costly. Blood IgG testing is an option that can be done through a naturopathic doctor, some nutritionists or even your family doctor. This test is not covered by OHIP.

"Some people are more motivated to eliminate foods if they can see on paper that they are reacting to them," says Duffell, "I support whatever method they choose".

NutriChem Compounding Pharmacy and Clinic is made up of naturopathic doctors, clinical pharmacists and holistic nutritionists who work as a team to help individuals reach optimal health. Their team is knowledgable on food intolerances as well as gut health and they help individuals find the root cause of their health issues.

Don't miss their free webinar, titled "Why Food Sensitivities are Sabotaging Your Health" taking place on Tuesday May 30 at 7 p.m.



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DRY EYE SYNDROME MORE PREVALENT WITH WOMEN

It can be easy to dismiss a gritty sensation, blurry vision, sensitivity to light, random excess tearing and problems wearing contact lenses as having tired eyes. But, says an optometrist, these may actually be symptoms of dry eye syndrome — a condition especially prevalent in women.

"Dry eye is a disease that affects the tears and ocular surface resulting in tear film instability, discomfort and visual disturbances," explains Crystal Chan, an optometrist at Rideau Optometric. "In addition to being more prone to dry eye, women also experience more severe dryness due to hormonal changes and imbalances.

"In one study, almost 18 per cent of women reported that they suffered from dry eye, whereas about 10 per cent of men reported the condition."

Preventative measures, Chan says, do exist and include: consulting a physician if a woman suspects a hormonal imbalance, ensuring medications aren't causing dryness and finding alternative solutions if they are, getting the right amount of Omega 3 to help improve the oil layer of the tear film and prevent inflammation, staying hydrated to improve tear production, and humidifying work and home environments to increase moisture in the air.

However, because the prevalence of dry eyes increases with age, most women experience an increase in dryness when they undergo menopause, says Chan. And this chronic condition is best managed and controlled with the help of an optometrist.

"Dry eye is diagnosed based on the symptoms experienced by the patient and the signs noted upon examination," she says. "Your optometrist will evaluate the health of your tear film, ocular surface and tear glands."

At Rideau Optometric, says Chan, patients with dry eye symptoms receive a comprehensive eye exam that includes a detailed history of systemic health conditions, medications and visual needs in addition to a thorough ocular health assessment. Advice for contact lens wearers to minimize dryness and improve comfort is also offered. Treatment is then recommended based on the severity and cause of dry eye.

"Types of treatment include artificial tears, hot compresses, immunomodulators that help to decrease inflammation, and behavioural and environmental modifications," says Chan.

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CONTRIBUTED

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Located in the heart of the nation's capital, SPU is the founding college of the University of Ottawa, with which it has been federated since 1965.

I'M PICKING UP THE SLACK FOR A FELLOW STUDENT

It's a scenario that presents itself to almost every post-secondary student: a group project featuring one member who isn't pulling their weight. So is there a way to approach this discouraging dilemma without having to pull the professor immediately into the fray?

Stephanie Koonar, instructor at the Langara School of Management, advises that the very first thing to do in this circumstance to find out what's happening from the source.

"Life does get in the way and we want to be supportive of each other," says Koonar. "Doing this mimics progressive discipline in the workforce. Employers have to show that they've given the employee chances to explain themselves."

"In many cases it is an unexpected circumstance or personal issue behind the lack of effort," adds Jon Olinski, professor at, Seneca's School of Legal and Public Administration. "It is surprising how often this first step is skipped and how often a resolution can be found after having a short dialogue."

As a preemptive measure to avoid any confusion, Lara Loze, professor of business fundamentals at Durham College, encourages students to set out a team contract from the very beginning.

The agreement, she adds, should not only state clearly what tasks every member is taking on, but also contain deadlines and state overarching objectives.

"Jon Olinski says that it's important for a frustrated student to remind his or herself that the ups and downs faced during teamwork are all part of a deliberate learning experience set out in the school's curriculum, so managing the situation professionally is bound to bode well when the final grades come in. *-LIZ BEDDALL*

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metro SPORTS

Nathan MacKinnon now has five goals in the last two games at the worlds after scoring two in Canada's 6-0 win over Belarus on Monday in Paris

'A step above everybody'

2017 NHL PLAYOFFS
OTTAWA LEADS NYR 3-2

Sens on verge of making East final thanks to Karlsson

Alain Vigneault lamented the "average" performance he got from too many of his Rangers in Saturday's loss to the Ottawa Senators.

"And at this time of the year against such a good opponent," New York's head coach said over the weekend, "you can't bring an average game to the table."

Erik Karlsson has been anything but average for the Senators.

The brilliance of the 26-year-old captain has the Sens on the verge of reaching the Eastern Conference final for the first time in a decade. Not much has separated Ottawa and New York through five games — the Rangers have outscored the Senators 18-15 — other than Karlsson, playing through obvious injury, shining brightest.

The Swede has five points in three victories during the series. He has loomed especially large in each of those wins.

"He makes plays that are a step above everybody — like most superstars do," Sens winger Mark Stone said.

One of those plays came with less than five minutes to go in regulation during Game 1. His shot from an almost impossible goal-line angle beat Henrik Lundqvist and gave Ottawa a 2-1 victory. Karlsson also logged a game-high of almost 29 minutes, blocked three shots and matched Derick Brassard with a team-high five shots on goal.

Jean-Gabriel Pageau was the hero with four goals in a 6-5 double-overtime win two nights later, but Karlsson was also a bright light. Despite exiting briefly for the dressing room with injury, he finished with more than 37 minutes of ice time — topping all players yet again.

Ottawa had 57 per cent of the even-strength shot attempts when he was on the ice and only 46 per cent when he wasn't.

11

Karlsson is up to 11 points in 11 games this post-season, tops among NHL defenders.

Karlsson's most impactful performance of the second-round series may be the most recent one. There were the 31 minutes and 12 shot attempts in the 5-4 Game 5 win, both of which led all players, and of course, the three critical assists.

On the first, Karlsson rushed up the ice from his own zone, drew Rangers defender Nick Holden in and then dropped to Clarke MacArthur, who found Mike Hoffman cross-ice for the game-tying 2-2 goal. Then with just over 90 seconds left in regulation and the Sens down one, Karlsson flung another pass to MacArthur that just eluded preying sticks of Derek Stepan and Mats Zuccarello. MacArthur fired on goal with Brassard batting in the game-tying 4-4 rebound.

Karlsson played all but 1:02 of the final six and a half minutes of the third period — this after leaving Game 4 early in some discomfort.

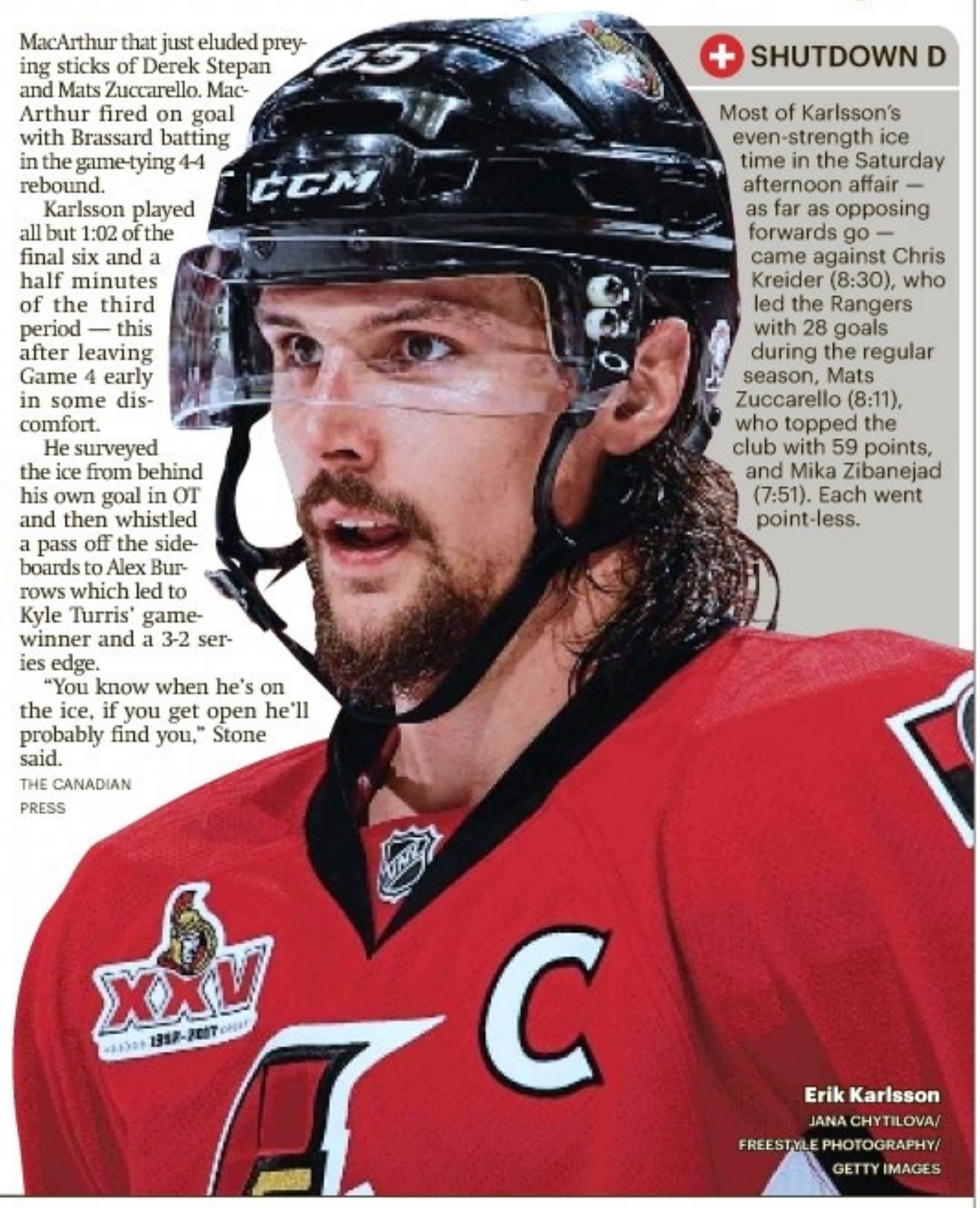
He surveyed the ice from behind his own goal in OT and then whistled a pass off the sideboards to Alex Burrows which led to Kyle Turris' game-winner and a 3-2 series edge.

"You know when he's on the ice, if you get open he'll probably find you," Stone said.

THE CANADIAN PRESS

SHUTDOWN D

Most of Karlsson's even-strength ice time in the Saturday afternoon affair — as far as opposing forwards go — came against Chris Kreider (8:30), who led the Rangers with 28 goals during the regular season, Mats Zuccarello (8:11), who topped the club with 59 points, and Mika Zibanejad (7:51). Each went point-less.



Erik Karlsson
JANA CHYTILOVA/ FREESTYLE PHOTOGRAPHY/ GETTY IMAGES

FOOTBALL

Ravens sought after at CFL draft

It's a heady time four years in the making for Steve Sumarah and the Carleton Ravens football program.

Seven Ravens were selected Sunday in the CFL draft, including receiver Nate Behar fifth overall by the Edmonton Eskimos. That left Carleton tied with the Montreal Carabins for the second-most players selected behind the Calgary Dinos (nine).

Not bad for a program in just its fifth season following reinstatement.

"Being in a group with Montreal and only second to Calgary, who's been to the Vanier many times, I feel like we've started to take those strides to the next level," said Sumarah, Carleton's head coach. "We've had other players in our program who were very good players but for whatever reason weren't drafted so I understand how hard this is.

> **I'm very proud of the accomplishments of these young men.**
> Steve Sumarah

"The biggest thing is these kids bought into what we were trying to sell, they believed in what we were doing. I'm very proud of the accomplishments of these young men."

Also selected were defensive backs Tunde Adeleke (third round to Calgary) and Nate Hamlin (fourth round to B.C.), offensive linemen Zach Annen (fifth round to Montreal) and Kwabena Asare (sixth round to Edmonton), receiver Malcolm Carter — who played junior football last season — (sixth round to Montreal) and defensive lineman Emmanuel Adusei (seventh round to Saskatchewan).

It's the first time since 1999 that Carleton players were drafted. More importantly, the seven are the first Ravens selected since football's return in 2013 and Behar is the school's first opening-round selection since 1995. THE CANADIAN PRESS

TENNIS

Bouchard ousts Sharapova in Spain

Eugenie Bouchard used her game to send a message to Maria Sharapova by defeating the Russian 7-5, 2-6, 6-4 in a thrilling second-round match at the Madrid Open on Monday.

Bouchard, one of the most outspoken players against Sharapova's return to tennis following a doping ban, jumped up and down after converting her second match point.

The players casually shook hands at the net without exchanging any words.

Eugenie Bouchard
GETTY IMAGES

It was their first meeting since Bouchard, from Westmount, Que., called Sharapova a cheater and said she should have been banned for life from the sport after testing positive for meldonium at last year's Australian Open. THE ASSOCIATED PRESS

IN BRIEF

Chelsea on cusp of winning Premier League title

Chelsea is one win away from taking the English Premier League title after beating Middlesbrough 3-0 on Monday.

The Blues have the chance to claim their second league title in three seasons when they face West Brom on Friday. They moved seven points clear of second-placed Tottenham, and all but consigned Middlesbrough to relegation.

THE ASSOCIATED PRESS

NBA

Lowry not about to disclose his plans

No matter how the question was posed, Kyle Lowry wouldn't bite.

The Toronto Raptors point guard will opt out of the final year of his contract and become a free agent, and a lucrative deal beckons.

But less than 24 hours after the Raptors' season ended in a four-game sweep by the Cleveland Cavaliers in the Eastern Conference semifinals, Lowry gave no hints about his intentions.

> **Honestly, I wouldn't BS you guys. I would, but not this time.**
> Kyle Lowry

"Honestly man, I want to just get better, I want to have fun, I want to win a ring. I want to make sure my family is happy," said Lowry, a father of two young boys. "And that's all I've thought about right now. THE CANADIAN PRESS

MAKE IT TONIGHT

Zesty Grilled Corn and Green Bean Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This year-round salad is a satisfying reminder of summer flavors with generous bites of sweet corn.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves: 4

Ingredients
- 1/4 cup extra virgin olive oil
- 3 tablespoons rice wine vinegar
- salt and pepper
- 4 ears of sweet corn, grilled or 2 cups frozen corn, cooked
- 1 pound green beans, blanched and cooled
- 1 red pepper, diced
- 1/2 red onion, thinly sliced
- 1/4 cup feta cheese

Directions

1. Prepare vinaigrette by whisking together oil and vinegar with salt and pepper. Set aside.

2. Cut corn kernels from cob and chill. In the meantime, put beans, red onion, red pepper and feta in a large bowl. Add corn and then drizzle with vinaigrette and toss. Sprinkle top with feta and serve.

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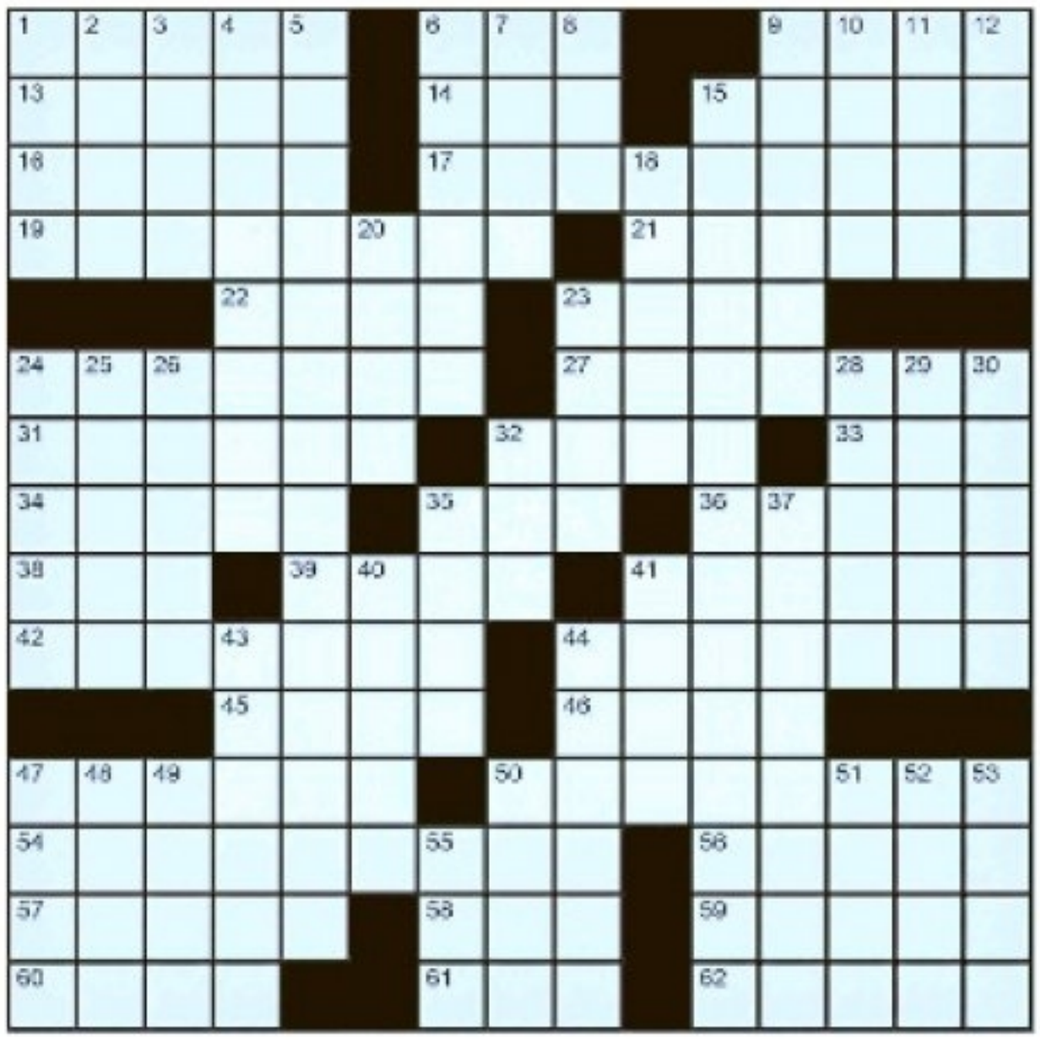
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Discard
6. Fortify
9. Lettuce variety
13. Actor Peter O'Who?
14. Romance
15. Free: French
16. Buzzing
17. "So sorry."
19. Friend to Melba Toast: 2 wds.
21. Commencement
22. Egyptian river
23. Triad
24. Wagon train, for example
27. Book a table
31. Mazda models
32. Pedestal
33. __-en-Provence, France
34. Bay window
35. Limo passenger
36. Nero's 1951
38. Canadian cap.
39. "Downton Abbey" job
41. Dr. William __ (Noted footcare specialist, b.1882 - d.1968)
42. "Zippo.": 3 wds.
44. BC-brewed beer
45. Sweet'__ (Sugar substitute)
46. Mideast chieftain
47. Baroque composer Mr. Albinoni
50. Tom Cochrane's Manitoba birthplace: 2 wds.
54. The Who's Tommy: 2 wds.
56. Negatives, in Hamburg
57. Composer Irving Berlin's writer wife
58. Just dandy
59. "And now, the __ __..." - Paul Anka, "My Way"
60. Hamilton-born ballet great Karen
61. Clinic pros
62. "Say __ __ the Dress"

DOWN
1. Hollywood headliner
2. Mozart opera, __ Fan Tutte
3. Campus mil. program
4. Extraterrestrially estrange
5. Honoured Member of Canada's Sports Hall of Fame killed in WWI in France at the age of 36. The Alouettes' home field is named in his honour: 2 wds.
6. Respond to the alarm clock
7. Anchor's attachment
8. Cow's call
9. Human's hallux: 2 wds.
10. Wading bird
11. Marcia's "Desperate Housewives" character
12. Greatest
15. Member of Canadian women's rights group The Famous Five: 2 wds.
18. Knowledgeable traditions
20. "Such a shame."
23. Pitfall
24. Wings hit: letter + wd.
25. __-__-surface missile
26. "Thing Called Love" singer Bonnie
28. 1925: Ben-Hur silent film portrayer Mr. Novarro (b.1899 - d.1968)
29. Montreal's Place __ Marie
30. Deport
32. Auction action
35. Opinion
37. Princess __ (Prince Albert of Monaco's wife)
40. Mr. Desai of "American Idol" Season 8 in 2009
41. 'Sleep'-meaning prefix
43. Vancouver-born actor Hayden Christensen's 'Star Wars' flicks role, __ Skywalker
44. Inuit crafts
47. Long journey
48. Dancer in "Return of the Jedi" (1983)
49. 1151 in ancient Rome
50. Scientology founder, _. __ Hubbard
51. Assists
52. Produce a pullover
53. 'Happy Motoring!' sloganeer
55. __-nose-throat doctor

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you can see new ways to make money. You might even see new uses for things you own, because you're in a resourceful frame of mind.

Taurus April 21 - May 21
Take a realistic look in the mirror to see what you can do to improve your appearance, because you can do this today. You might even see ways to improve your health.

Gemini May 22 - June 21
Any research you do will get results today, because you have the ability to see the subtext of things. Nothing will escape your X-ray vision.

Cancer June 22 - July 23
You might attract someone powerful today. This person might influence you to change your future goals. Possibly, you will influence someone else.

Leo July 24 - Aug. 23
You will have a strong footing in your relationships with parents, bosses and VIPs today. Have confidence in yourself; people will listen to what you have to say.

Virgo Aug. 24 - Sept. 23
You might see a new way of looking at something, particularly when discussing religious, political or racial issues. Your point of view can grow and mature today.

Libra Sept. 24 - Oct. 23
Trust your ability to come up with a better arrangement regarding shared property, inheritances, taxes or debt. You are so resourceful today.

Scorpio Oct. 24 - Nov. 22
Look for ways to improve your closest relationships and partnerships, because this is possible today. You will see ways to make improvements.

Sagittarius Nov. 23 - Dec. 21
Don't hesitate to make suggestions about introducing reform where you work. Likewise, today you might see a way to improve your health.

Capricorn Dec. 22 - Jan. 20
You are in a resourceful frame of mind today. You can apply this to any creative activity, especially involving the arts, music or sports, or even working with children.

Aquarius Jan. 21 - Feb. 19
Look around you and see what you can do to make improvements and repairs where you live. This is a good day to think about how to fix up your digs.

Pisces
Feb. 20 - March 20
Your powers of concentration are excellent today, which is why you can solve problems and see solutions that normally might be hidden from you. with others will be powerful.

CONCEPTIS SUDOKU by Dave Green

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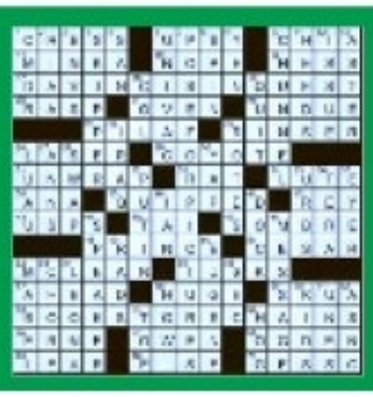

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2	6	4	9	3	1	5	8	7
4	9	2	3	1	5	7	6	8
5	8	1	6	7	2	4	9	3
6	3	7	4	8	9	1	5	2

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